

## Contact

### Phone

+91 9146826240

### Email

tarunasgambhir@gmail.com

### Address

Lake Town Society, Pune

## Education

2017-2022

### Bachelor's Of Physiotherapy

DES Brijlal Jindal College of Physiotherapy

2015- 2017

### Junior College

SP College

## CERTIFICATIONS

- **Neurodynamic Workshop-** By Neurodynamic Solutions, AUS (Dec 2023, 28 credit hours)
- **Mulligan Concept A, B, C -** Physioira Accredited ( Jan 2024, 48 Credit Hours)
- **Certified Kinesio Taping Practitioner (CKTP)**
- **Certified Pilates Instructor (IAFT)**
- **Certified Aerobic Instructor (IAFT)**
- **Functional Dry Needling - Basic and Advanced Module (HPE- UK- 16 Credit Hours)**

## Language

English

Hindi

Marathi

# TARUNA GAMBHIR

## PHYSICAL THERAPIST (MOTPT)

Highly skilled dedicated Physiotherapist with a thorough evaluation approach, treatment planning, and patient education.

## Experience

○ June 2023- Present

### Fit2Sport, Pune.

#### Physical Therapist

- Assessment and management of sports injuries, musculoskeletal conditions, ergonomic advice and implemented return to sport protocol.
- Demonstrating strong leadership and communication skills, facilitating team meetings, and fostering a positive work environment.
- Core member of the research committee.

○ February 2023- Present

### Spero Healthcare Innovations Pvt. Ltd.

#### Physical Therapist

- Home care services following highest standards of ethical practice and clinical excellence.
- Collaborating closely with physicians, nurses, and other healthcare professionals to coordinate patient care and optimize treatment outcomes.

## Skills

- Manual Therapy
- Geriatric Wellness Program
- Data and analytical abilities
- Rehabilitation
- Sports Injury management
- Proficient in clinic management

## Research

- Normative Value of Chest expansion in Healthy Children Between 5-12 years of age group:

<https://www.ijmhr.org/IntJPhysiotherRes/ijpr-2022-162>

- **Innovation:** Designed an cost-effective, indigenous arm-ergometer

## Reference

**Dr. Ajit Mapari**

**Consultant Sports and Exercise Medicine**

**Fit2Sport**

**Phone:** +91 9850567760

**Email :** ajitmapari@gmail.com